Control that appetite

By Shirley W. Walton
Extension Agent

Ways To Control Appetites and Cut Calories

This is part one of a two-part article featuring suggestions compiled from previous Diet, Exercise and Behavior Modification Classes. They are:

1. Write down on paper what you eat with the amount of calories.
2. Watch the snacks between meals--choose only low calorie ones such as fruit or vegetable sticks.
3. Chew your food slower and longer.
4 Talk more during the meal and lay down your fork between bites.
5. Try sugar-free drinks.
6 Use skim or low fat milk in place of whole milk.
7 Drink a glass of water before eating or when hungry instead of eating.
8. Call a friend or stay busy.
9. Take a walk with someone when you are hungry.
10. Place on the refrigerator door a picture of a pretty model or a fat lady.
11. Drink iced tea without sugar instead of soft drinks. A wedge of lemon gives this iced tea a lift!
12. Put off snacks 30 minutes everyday until snacktime is demolished.
13. Take stairs instead of an elevator when shopping.
14 Put a picture of yourself when you were smaller on the refrigerator to remind you not to eat.
15. Brush your teeth immediately after meals.
16. Try to eat in only one area of the house.
17. Do your nails when hungry instead of eating.
18. Cut up carrots, cauliflower and celery in the morning for munching during the day. They are delicious to munch on while cooking and are very nutritious, too.
19. Write a letter to a friend instead of eating.
20 Plan your meals with a menu and have calories already counted.
21 Exercise every morning for a set length of time which is suitable for you.
22. Use a measuring cup to measure amounts of food.
23. Cut out high calorie foods.
24. Cut down on portions and use a smaller size plate.
25. Buy presliced foods so the amount you eat is accurate.
26. Put some peanut butter on a celery stick when making peanut better crackers for your children--No cholesterol and good protein.
27. Park the car at one place at the shopping center and walk from store to store--instead of driving.
28 Drink coffee without sugar and cream.
29 Walk after the evening meal.
30 Jump rope if you can do so without doing any harm to your physical structure.
31 Use mustard instead of mayonnaise whenever possible.
32 Eat fruit as a snack.
33 Use extra thin sliced bread (half the calories of regular sliced).
34. Make homemade soup using low-calorie vegetables. (Bouillon is a good base.)
35 Should you not feel satisfied after a regular meal, drink a glass of water.
36. Concentrate on doing something enjoyable when you feel hungry.
37. Drink a cup of hot bouillon--just 5 or 6 calories.
38 Look up the calorie content before you eat a piece of pie or cake--you may decide to eat a smaller portion.

If you have a homemaking question or problem, you may call 352-8244 or write P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

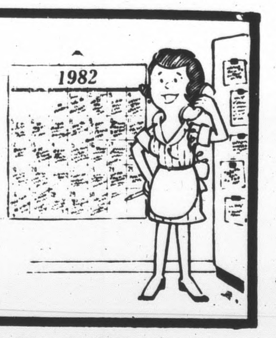
Have a good week!

SPECIAL ANNOUNCEMENT:

Did you know that the Extension Homemakers of Appomattox County are sponsoring and maintaining a used pattern library at the Appomattox County Library. If you wish to some to contribute, you may bring them by the County Extension Office or may call Mrs. Teresa Perror (352-5370). She is serving as coordinator of this project in cooperation with Mrs. Margaret Glover, County Librarian.

RECIPE OF THE WEEK

Good news for homemakers



Pizza by Midgett

1. ½ lb. your favorite bulk sausage
½ lb. hamburger
½ cup chopped onion
½ lb. plus sliced mushrooms

Brown hamburger and sausage **well**, drain **well** and set aside. Saute onions in 1 Tablespoon oil, drain and add to hamburger mixture. Saute mushrooms, drain **well** and add to hamburger mixture. Mix well and set aside.

2. 1 cup flour
⅔ cup milk
15 ½ oz. jar of desired spaghetti sauce (Prego)
4 oz. plus mozzarella cheese, shredded
2 eggs
dash salt and pepper

In a medium bowl, mix flour, salt and pepper. Combine eggs and milk, add to flour and mix to a smooth batter. Pour onto a greased 12" pizza pan. Top with hamburger mixture. Bake at 400° for 20-25 minutes. Cover (spread) with approximately ½ jar spaghetti sauce and top with desired amount of mozzarella cheese. Return to oven for approximately 10 minutes. Slice and serve. Many thanks to Jennifer Midgett.

Squad gets 68 calls

Volunteer members of the Appomattox County Rescue Squad responded to a total of 68 calls during the month of March.

In doing so they traveled a total of 3135 miles and used a total of 304 manhours. A breakdown of calls are as follows: transports, 30; miscellaneous, 11; heart attack, 2; auto wrecks, 1; abdominal pains, 4; broken bones, 3; falls, 1; maternity, 1; overdose, 4; convulsion, 2; stroke, 2; breathing difficulty, 1; chest pains, 4; diabetic, 1; stab would, 1.

Abernathy excels at Roanoke

M. Shane Abernathy, son of Mr. and Mrs. H. Cloud Abernathy, Appomattox, has been named to the faculty's list of honorable mention for the fall term at Roanoke College. In order to be named to the list, a student must be enrolled in at least four units during the term and earn a quality point average of from 3.00 to 3.49.

He is a graduate of Appomattox High School.

Roanoke College is a co-educational liberal arts and sciences college with an enrollment of 1250. It was founded in 1842 and is the second oldest Lutheran college in the nation.

Crabgrass: a yearly problem

Crabgrass in lawns is an annual problem. If it is to be prevented a herbicide needs to be applied in late winter or early spring. There are several materials marketed for crabgrass control in established turfs--Balan granular, Betason, Dacthal, Ronstar or Siduron.

Emmitt McCraw has used Balan Granular for several years and reports that he gets excellent results.

If a herbicide is to be applied, it needs to be done **now** in order to prevent germination of weed seed.

* * *

According to the Virginia Crop Reporting Service, corn yields in Appomattox County have varied widely over the past two years. The 1980 yield is pegged at 45 bushels and '81 yield at 82 bushels. Timely rains make the difference! The same picture is presented for corn silage yields, 10 tons per acre in 1980 and 17 tons in '81.

* * *

Five to ten inches of organic matter-enriched topsoil plus a suitable subsoil and appropriate climate are needed for efficient growth of most plants and field crops. It takes 30 years or more to develop 1 inch of good topsoil (about 150 tons per acre) under the very best conditions. It takes at least 150 years to develop the minimum of 5 inches needed for agricultural production when such topsoil is supplemented by an adequate subsoil and appropriate climate.

The average annual loss of soil by erosion in the United States is about 5 tons per acre, or 150 tons per acre in a 30-year period. On the average, therefore, U.S. cropland is losing soil about as fast as it is being formed under the very best conditions. In some areas, the loss is smaller than this, and in others the loss is greater. The concern is for the areas in which erosion exceeds the rate of topsoil formation. The productive potential of these soils is decreasing, although the effects have been largely masked by the countering influence of increased applications of agricultural chemicals and other technological inputs, which now are becoming increasingly costly. These inputs cannot sustain increased agricultural production indefinitely while basic soil quality deteriorates.

* * *

I've examined a few alfalfa fields in recent days and found a rather high number of alfalfa weevils feeding.

Alfalfa growers will want to be alert and spray **only** if necessary.

Insect population should reach the economic threshold before applying an insecticide. If you need further information on when this occurs, give our office a call.

* * *

Prices were up the second week of feeder cattle sales by about 50c per hundred-weight.

* * *

In the United Kingdom cigarette sales fell 15% in 1981, largely because of tax increases. About 75% of the price of a pack of cigarettes is excise and value---added tax, making cigarettes the most heavily taxed of all consumer goods in the United Kingdom. The average price is now $1.76 per pack as the government is collecting $7.5 billion a year in tobacco taxes.

* * *

Glen Hetzel, Extension Farm Safety Specialist, will be here April 27 to train the Rescue Squads from Appomattox, Concord and Gladstone on proper techniques of extracating victims from farm machinery.

The ladies committee, Appomattox County Farm Bureau will be closely involved with this safety training program--preparing dummy victims and serving coffee to the participants.

This program will be conducted at the Locust Grove Farm.

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H78-15	C	TL	$66.60	$3.39
L78-15	C	TL	$72.00	$3.53
8.00-16.5	D	TL	$73.30	$3.34
8.75-16.5	D	TL	$76.50	$3.78
9.50-16.5	D	TL	$84.20	$4.21
7.50-16	C	TT	$72.00	$3.32

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Bible & Daily Living

Blessing under fire

By William Trimyer
Blessing Under Fire

Lesson for April 25, 1982 Bible Study Passages: Revelation 1:1-3,9-11; 13: 1-4

INTRODUCTION

Hopefulness and encouragement are essential ingredients for facing life and its critical realities. The opposite of hope and encouragement is despair, a sense that there is little to live for or little chance for things to get better. Hope means clinging to all that is good and good for us. Hope means drawing from our deep wells of faith, determinism, humor, experience and appreciation for life to face its stressful moments.

For the next six weeks our attention will focus upon the Revelation, a new Testament book that is concerned with the trials, tribulations and triumphs of the church. When we encounter the Revelation, we step into an entirely different world of apocalyptic literature.

The Revelation, as given to John, is a look forward to the future, not a glance over the shoulder. It's message is one of hope and encouragement to all of Christ's followers. The Revelation is a strange book. We cannot ignore the fact that it is a difficult book to understand, but it is worth studying because it reveals the daring faith of the early church during times of intense persecution. It gives hope to Christians of every age that beyond the terror and rage of this earth the ultimate authoritative power of God reigns.

The Writer and His Book (Revelations 1:1-3)

The Revelation is best described in Greek terms as an apocalypse. This term literally means to uncover or unveil. John received a vision which he unveils to his readers, and he does so in language and symbols understandable only to them.

John is clear to point out that this apocalypse has come from God and not from his imagination. John functions only as the recorder and channel through which God's message to his people might be declared. There are two other apocalyptic writings in the Old Testament, namely, Daniel and Ezekiel. These two writings also contain symbols and strange descriptions to talk about events and persons.

It is important to remember that this kind of literature often emerged during times of extreme oppression when it was dangerous for someone to write so that eveyone understood. In times of stress and crisis people will use signs and gestures to communicate certain feelings. During war opposing nations communicate with in using coded messages so that the enemy will not know the other's strategy.

This material was designed to be a blessing, not mere entertainment. Some people unfortunately misuse the Revelation and equate it with the daily newspaper, which is inappropriate and immoral!

THE AUTHOR [Revelation 1:9-11]

What kind of man was John? Who was he? Tradition has it that he was the John "whom Jesus loved" and the author of the fourth gospel. Whoever he was, he was committed to being a messenger of God. His commitment carried him to exile on an island. Some may think John became so lonely that he began to see things and hear voices, but this would be going too far.

John destroys any notion of insanity by saying that he was under the influence of the Holy Spirit of God. John had an experience that remained indelibly upon his mind, and an experience he would record for people in all times to read.

The message John received from the Lord was to go to the seven churches. The number seven can be an all inclusive one, which means that the Revelation was perhaps intended for all churches in all ages.

THE AUTHOR'S THEME [Revelation 13:1-4]

Let us remember that John writes in a manner that Christians only in that day would understand. The beast John describes is the Roman Empire with all its satanic powers of evil. The words John uses describes the numerous hostile powers who were adversaries of God's people. The underlying truth here is that a person has the choice between being an instrument of peace or an instrument of destruction. The good news of the Revelation is that the Lordship of Christ ultimately overpowers the lords and kingdoms of this earth. In this fact the people of God may rest and take hope.

Dr. Trimyer is Chaplain at Burnham Hospital in Champaign, Illinois (WL-YP)

(Based on copyrighted outlines produced by the Committee on the Uniform Series, and used by permission.)

The Pastor Speaks

There was a period of some forty days between the resurrection of Jesus from the dead, and His being taken up to heaven. During that time He appeared to his disciples, the eleven, time and time again. He taught, He forgave Peter the denials, and He appeared to enough for there to be no doubt about their witness. Jesus was and is indeed alive. What a strange time for his followers that must have been! Strange, yet wonderful, beautiful! They had seen the naked power of evil, in the trial and crucification, and now their brain argued with their senses of sight, and touch, and hearing. What was not true, could not be true, was in fact true, really true. Jesus, whom they had seen on the cross, was alive, and indeed is alive forever! I supoose a kind of euphoria swept them along from day to day until they saw Him rise up until a cloud hid Him and two men asked them, "Why are you standing there looking up at the sky?"

Now the work! The one who rose up will return, but no one, I really mean no one, knows when that will be. And there is work we ought to be doing here, now. We cannot live our lives gaping at the sky waiting for the return. We each have ministries to perform, necessities to meet and people to serve.

When Jesus does return, it will be far better for us if that moment catches us working at our calling, than gaping up into the blue.

Peter R. Hale is pastor of Walker's Presbyterian Church and Appomattox Courthouse Presbyterian Church, Appomattox

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Times-Virginian Church News

THE PEACE MAKERS of Orange, Va. will be at Mt. Airy Baptist Church this Saturday night at 7:30. The public is cordially invited to attend.

'Silent Auction' set at St. Anne's Church

A "silent" auction and a live auction sale will take place on Friday, April 23 in St. Anne's Episcopal Church Parish Hall beginning at 6:30 p.m. Items to be auctioned include needlepoint and hand-made pillows, furniture, a clock, home-made cakes and other goodies, a new steam cooker, crocheted mats, an original painting, an old oak church organ and many other valuables. A lasagna dinner will be served by the church women at 6:30 p.m. followed by the sale. Plan to come for dinner and stay for the sale. If you can't come to eat, be certain to stop by that evening (around 7:30 p.m.) and write down your "silent" bids on the many collectibles which are being offered for sale. Proceeds go toward the work of the Episcopal Church Women.

Henry to speak at Yellow Branch

Dr. J. Gordon Henry, president of Northeastern Bible College, and former dean and vice president for Academic Affairs of Liberty Baptist College will conduct a prayer seminar at Yellow Branch Baptist church from 10:00 a.m. to 4:00 p.m. Saturday.

There is no charge for the seminar but people are requested to bring a covered dish for lunch.

Appo. Assembly to meet

The Appomattox Assembly will hold a special meeting this Thursday night, April 22, 7:00 p.m. at the Middle School in the library.

We urge everyone on the committee to please be present.

Mt. Airy news

The heavens declare the glory of God and the firmament sheweth his handy work. Psalm 19:1

On Saturday, April 24, at 7:30 p.m. the Peacemakers will be in concert. This program will benefit the Sunday school. Your attendance will be greatly appreciated.

On Sunday, April 25, at 7:00 p.m. the usher board will be celebrating their anniversary. Their guest will be the Peaceful Grove Chorus in concert.

The Senior Choir will be singing at the Fairmont Baptist Church in Amherst County on the fourth Sunday in April at 3:00 p.m. The bus will leave here at 2:00 p.m. Let us support our senior choir.

On the fifth Sunday in May we will be having an out reach service. This will be an all day service. Guest ministers will be the Rev. Robert McCoy, Baltimore, Md. and Rev. Phillip Medley, Halifax, Va. Please tell a friend about this special program.

Thought: The race is not given to the swift, neither the strong, but to those who hold out until the end.

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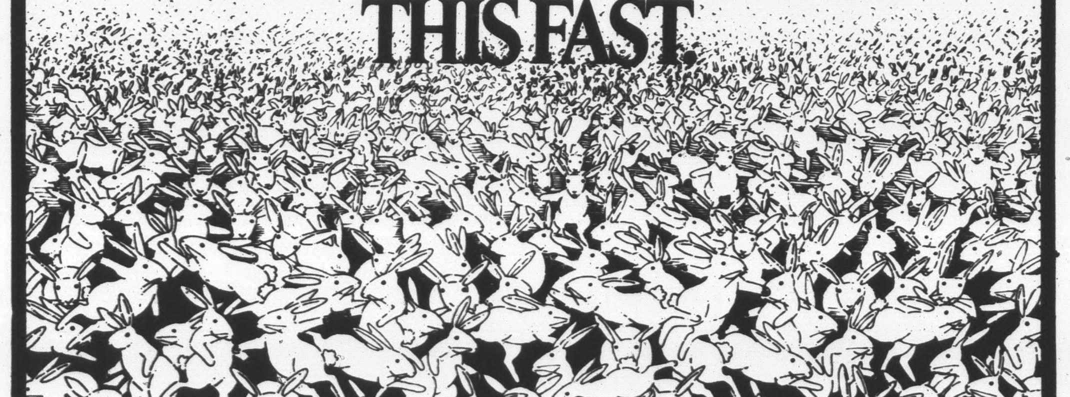

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